

ANNUAL NOTIFICATION OF ALCOHOL AND OTHER DRUGS POLICY

The misuse of alcohol and other drugs is a behavior that compromises a person's health and well-being. Gnomon recognizes its role in bringing needed attention, knowledge, and effective responses to the misuse of alcohol and other drugs. Fostering a safe and alcohol- and drug-free environment that supports student academic achievement is a priority at Gnomon. This goal can be achieved by campus-wide involvement in comprehensive and on-going alcohol and drug education and the enforcement of Gnomon's Drug and Alcohol Abuse policy. Each individual in the Gnomon community has a responsibility to herself/himself and to others to keep Gnomon an environment free of alcohol and other drugs.

Complying with The Drug-Free Schools and Campuses Regulations

The Drug-Free Schools and Campuses Regulations (EDGAR Part 86) lay out several requirements with which all institutes of higher education (IHE) receiving any form of federal funding must comply, IHEs must notify all students and employees annually of certain information. The notification must include the following:

- standards of conduct
- statements of the health risks associated with abuse of alcohol and other drugs (AOD)
- possible legal sanctions and penalties
- disciplinary sanctions for violations of the standards of conduct
- alcohol programs available to students, faculty and staff

Standards of Conduct

Gnomon's educational environment replicates real-world production pipelines. Students are responsible for practicing maturity and integrity, and exhibiting professional behavior towards instructors, staff and peers. Each employee has an obligation to observe and follow the company's policies and to maintain proper standards of conduct at all times. This institution disallows the illicit use, possession or distribution of drugs and alcohol, and abuse or misuse of prescription or over-the-counter medications, other chemical substances or other intoxicants. Engaging in any other category of prohibited conduct while under the influence of legal drugs or other intoxicants is also prohibited. Accordingly, each person assumes full personal responsibility and will face disciplinary proceedings for any of their actions or the actions of their guests that violate and any school policy.

DRUG AND ALCOHOL ABUSE POLICY

In accordance with the Drug-Free Schools and Campuses Regulations (EDGAR Part 86), Federal Drug-Free Workplace Act 34 CFR Part 85, Subpart F, and California Drug-Free Workplace Act of 1990 this institution is committed to maintaining a drug-free workplace and a drug-free school.

The unlawful manufacture, distribution, dispensing, possession or use of drugs, drug paraphernalia, alcohol or other illegal/controlled substances at this institution is strictly prohibited. On-campus possession and use of medical marijuana is not allowed. Students and employees are required, as a condition of enrollment and/or employment, to abide by this policy.

To the extent allowed by local state and federal laws, this institution will impose disciplinary action against students and employees for violating these standards of conduct. These actions may include suspension, expulsion, termination of employment, referral for prosecution, and/or required completion of a drug or alcohol rehabilitation or similar program.

In addition to institutional sanctions, students and employees convicted of the unlawful possession or distribution of illicit drugs or alcohol could face local, state, and federal legal penalties which include the loss of eligibility for federal financial aid, fines, imprisonment, and the seizure of drug related assets.

This institution, as required by federal regulation (34 CFR 85.635 and Appendix C), will report all employees convicted of a criminal drug offense occurring in the workplace to the U.S. Department of Education. Consistent with these same regulations, employees, as a condition of employment, are required to provide written notice to this institution of their conviction for a criminal drug offense occurring at the workplace within five (5) days after that conviction. In addition, students receiving Pell Grants who are convicted of a criminal drug offense during the period of enrollment for which the Pell Grant was awarded, are required by federal regulation to report that conviction in writing to the:

Director of Grants and Services
United States Department of Education
400 Maryland Avenue SW.
Room 3124, GSA Regional Office Bldg. #3
Washington, DC 20202-4571

The report must be made within 10 days after the conviction.

Drug awareness programs, counseling, treatment, rehabilitation and other related services are available on an ongoing basis to students and employees through the National Treatment Referral System 24-hour hotline (800-662-HELP). This hotline number can tell you how and where to get help for alcohol and other drug problems. Students and employees seeking assistance in overcoming a drug or alcohol related problem are encouraged to contact this organization.

Health Risks Associated with Abuse of Alcohol and Other Drugs (AOD)

Drug and alcohol abuse can lead to liver, heart and other chronic diseases, low birth weight, birth defects and infant mortality.

Alcohol

Alcohol interferes with the brain's communication pathways and can affect the way the brain looks and works. These disruptions can change mood and behavior and make it harder to think clearly and move with coordination. Alcohol affects every organ in the drinker's body and can damage a developing fetus. Intoxication can impair brain function and motor skills; heavy use can increase risk of certain cancers, stroke, and liver disease. Alcoholism or alcohol dependence is a diagnosable disease characterized by a strong craving for alcohol, and/or continued use despite harm or personal injury. Alcohol abuse, which can lead to alcoholism, is a pattern of drinking that results in harm to one's health, interpersonal relationships, or ability to work.

Effects on the body:

Heart: Drinking a lot over a long time or too much on a single occasion can damage the heart which may lead to high blood pressure or stroke.

Liver: Heavy drinking takes a toll on the liver and can lead to liver inflammations and a variety of problems including Steatosis (fatty liver) and Alcoholic hepatitis.

Pancreas: Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis.

Cancer: Drinking too much alcohol can increase your risk of developing certain cancers, including cancers of the liver, mouth and breast.

Immune System: Chronic drinkers are more liable to contract diseases like pneumonia and tuberculosis than people who do not drink too much. Drinking a lot on a single occasion slows your body's ability to ward off infections.

For more information about the impact of alcohol use on health and well-being please go to the National Institute on Alcohol Abuse and Alcoholism website (<http://www.niaaa.nih.gov/>).

Controlled Substances and Other Drugs

For general information regarding drug administration, facts and abuse please visit:

[United States Drug Enforcement Administration](#)

DEA Drug Fact Sheets <https://www.dea.gov/druginfo/factsheets.shtml>

[Drugs of Abuse: A DEA resource Guide](#) available at:
https://www.dea.gov/pr/multimedia-library/publications/drug_of_abuse.pdf

National Institute on Drug Abuse (NIDA)
<https://www.nih.gov/about-nih/what-we-do/nih-almanac/national-institute-drug-abuse-nida>

[California Uniform Controlled Substance Act](#)

POSSIBLE LEGAL SANCTIONS AND PENALTIES

Federal Laws - Illegal Possession and Distribution of Controlled Substances

This list is not intended to be an exhaustive list of all offenses involving drugs and alcohol, and this material should not be relied upon as legal advice or guidance regarding these offenses.

21 U.S.C. § 844 et seq.

It shall be unlawful for any person to: (1) knowingly or intentionally manufacture, distribute, or dispense, or possess with intent to manufacture, distribute, or dispense, a controlled substance; or (2) to create, distribute, or dispense, or possess with intent to distribute or dispense, a counterfeit substance.

- 1st Conviction: Up to 1 year imprisonment and fine of at least \$1,000 or both.
- After 1 prior drug conviction: At least 15 days in prison, not to exceed 2 years and fine of at least \$2,500.
- After 2 or more prior drug convictions: At least 90 days in prison, not to exceed 3 years and fine of at least \$5,000.
- Special sentencing provisions for possession of crack cocaine: Mandatory minimum 5 years in prison, maximum 20 years and minimum fine of \$1,000, if:
 - 1st conviction and the amount of crack possessed exceed 5 grams.
 - 2nd crack conviction and the amount of crack possessed exceed 3 grams.
 - 3rd or subsequent crack conviction and the amount of crack possessed exceeds 1 gram.
- Forfeiture of personal and real property used to possess or to facilitate possession of a controlled substance if that offense is punishable by more than 1 year imprisonment. 21 U.S.C. § 853(a) (2) and 881(a) (7)
- Forfeiture of vehicles, boats, aircraft or any other conveyance used to transport or conceal a controlled substance (21 U.S.C. § 881(a) (4)).
- Civil fine of up to \$10,000 (21 U.S.C. § 844(a)).
- Denial of Federal benefits, such as student loans, grants, contracts and professional and commercial licenses, up to 1 year for first offense, up to 5 years for second and subsequent offenses (21 U.S.C. § 862).
- Ineligible to receive or purchase a firearm (18 U.S.C. § 922(g)).

State Of California Law – Alcohol and Illegal Possession and Distribution of Controlled Substances

Gnomon complies with California Drug-Free Workplace Act of 1990 (California Government Code 8350-8351 and 8355-8357) which state that “as a condition of receiving funds or any other form of financial assistance under any federal program, an institution of higher education must certify that it has adopted and implemented a program to prevent the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees.” The Gnomon community is notified annually of policies and procedures, and available services in accordance with this regulation.

This list is not intended to be an exhaustive list of all offenses involving drugs and alcohol, and this material should not be relied upon as legal advice or guidance regarding these offenses.

California Business and Professions Code §25658

It is unlawful to sell, furnish or give alcoholic beverages to a person under age 21 or to any obviously intoxicated person. Violation of this code is a misdemeanor and may be subject to \$250.00 - \$1,000.00 in fines and community service. Penalty increases if injuries or death result from minor drinking alcoholic beverages.

California Business & Professions Code §25662

Any person under 21 years of age who has any alcoholic beverage in their possession on any street or highway or in any public place or in any place open to the public is guilty of a misdemeanor and subject to monetary fines and/or community service.

California Vehicle Code §23140 and 23152

It is unlawful to drive a vehicle while under the influence of alcohol (.08 blood alcohol level; .01 blood alcohol level anyone under 21). Violation of these codes may be subject to penalties including:

- Imprisonment
- Fines
- Suspension of driving privileges
- Surrender of driver's license
- Ignition locking system
- Attendance of a licensed program of education and counseling.
- Penalties increase upon number of offenses and if injuries or death are resulted.

California Vehicle Code, Section 23222 and 23223

It is illegal for a driver or passenger to possess an open container of alcoholic while in a motor vehicle upon a highway or on any lands.

California Penal Code, Section 647(f)

Any person who is unable to exercise care for his or her own safety or the safety of others is found in any public place under the influence of intoxicating liquor, any drug, controlled substance, toluene, or any combination of any intoxicating liquor, drug, or controlled substance is guilty of disorderly conduct (a misdemeanor).

**California Health & Safety Code, Division 10. Uniform Controlled Substances Act
Sections 11350 et seq.**

The possession, sale, furnishing, dispensing of any controlled substance or drug paraphernalia or growing of a controlled substance as defined by the California Health and Safety Code §11054 et seq. is unlawful. Penalties for individuals convicted of violating these statutes include varying terms in county jail and/or state prison, as well as the imposition of significant fines. Subsequent convictions significantly enhance the penalties. Distribution of anabolic steroids and possession of anabolic steroids with intent to distribute is a felony under California law prohibiting possession of controlled substances.

Section 11700 et seq.

A person who knowingly participates in the marketing of illegal controlled substances is liable for civil damages for injury resulting from an individual's use of an illegal controlled substance faces criminal and civil penalties.

Special requirements for employees engaged on Federal or State contracts and grants

The Federal Drug-Free Workplace Act of 1988 (Public Law 100-690, Title V, Subtitle D) and the State Drug-Free Workplace Act of 1990 require that University employees directly engaged in the performance of work on a Federal or State contract or grant shall abide by this Policy as a condition of employment.

Employees working on Federal contracts and grants shall notify Gnomon within five calendar days if they are convicted of any criminal drug statute violation occurring in the workplace or while on Gnomon business. This requirement also applies to all indirect charge employees who perform support or overhead functions related to the Federal contract or grant and for which the Federal government pays its share of expenses, unless the employee's impact or involvement is insignificant to the performance of the contract or grant. Gnomon is required to notify the Federal contracting or granting agency within ten calendar days of receiving notice of such conviction and to take appropriate corrective action or to require the employee to participate satisfactorily in available counseling, treatment, and approved substance-abuse assistance or rehabilitation programs within thirty calendar days of having received notice of such conviction.

DISCIPLINARY SANCTIONS FOR VIOLATIONS OF THE STANDARDS OF CONDUCT

Students, Faculty and Staff

To the extent allowed by local state and federal laws, this institution will impose disciplinary action against students and employees for violating these standards of conduct. These actions may include verbal/written warning, suspension, expulsion and termination of employment, referral for prosecution and/or required completion of a drug or alcohol rehabilitation or similar program. The appropriate disciplinary action will be determined by Gnomon and does not guarantee that one form of action will necessarily precede another.

In addition to institutional sanctions, students and employees convicted of the unlawful possession or distribution of illicit drugs or alcohol could face local, state and federal legal penalties which include the loss of eligibility for federal financial aid, fines, imprisonment and the seizure of drug related assets.

Faculty and Staff

Your employment or continued employment with Gnomon is conditioned upon your full compliance with the foregoing substance abuse policy. Furthermore, any employee who violates this policy who is subject to termination, may be permitted in lieu of termination, at the company's sole discretion to participate in and successfully complete an appropriate treatment, counseling or rehabilitation program as recommended by a substance abuse professional as a condition of continued employment and in accordance with applicable federal, state and local laws. The company assures that any information it possesses concerning an individual's drug use will remain confidential. Consistent with its fair employment policy, the company maintains a policy of non-discrimination and reasonable accommodation with respect to recovering addicts and alcoholics, and those having a medical history reflecting treatment for substance abuse conditions accommodation.

DRUG AND ALCOHOL PROGRAMS AVAILABLE TO STUDENTS, FACULTY AND STAFF

Drug awareness programs, counseling, treatment, rehabilitation and other related services are available on an ongoing basis to students and employees through the National Treatment Referral System 24-hour hotline (800-662-HELP). This hotline number can tell you how and where to get help for alcohol and other drug problems. Students and employees seeking assistance in overcoming a drug or alcohol related problem are encouraged to contact this organization.

Students

The Gnomon Student Services Program (GSAP) is a resource to assist students in managing issues that affect their daily lives. The program is a free, comprehensive and fully confidential counseling service that helps students manage a wide variety of issues in support of their personal and academic well-being, including alcohol and drug dependency.

Students in need of counseling may call the service telephone number between the hours of 7:30 a.m. and 6:30 p.m. PST to speak with a qualified intake specialist. Should they choose to seek counseling, an assigned counselor will contact them to schedule an appointment within 2-3 business days of their call. Students receive three face-to-face sessions, per problem per year at no cost.

In the event that a student feels that their situation requires immediate assistance, a 24-hour crisis hotline is available, in which the student can speak to a licensed counselor.

Faculty and Staff

Employees are encouraged to seek assistance before their drug use renders them unable to perform their essential job functions or jeopardizes the health and safety of themselves, or others. The company will attempt to assist its employees through referrals to rehabilitation, appropriate leaves of absence, and other measures consistent with the company's policies and applicable federal, state or local laws. Any employee who wishes to voluntarily enter and participate in alcohol and/or drug rehabilitation program may be granted a reasonable accommodation. Employees seeking treatment for substance abuse may be eligible for benefits provided through the Federal Family and Medical Leave Act (FMLA). Please refer to the Employee Handbook and/or contact the appropriate Gnomon official for more information.

APPENDIX A:

Narcotics

Heroin - An opioid drug made from morphine, a natural substance extracted from the seed pod of the Asian opium poppy plant.

| Street Names | Commercial Names | Common Forms | Common Ways Taken | DEA Schedule |
|--|---|---|---------------------------|--------------|
| Brown sugar, China White, Dope, H, Horse, Junk, Skag, Skunk, Smack, White Horse <i>With OTC cold medicine and antihistamine:</i> Cheese | No commercial uses | White or brownish powder, or black sticky substance known as "black tar heroin" | Injected, smoked, snorted | I |
| Possible Health Effects | | | | |
| Short-term | Euphoria; warm flushing of skin; dry mouth; heavy feeling in the hands and feet; clouded thinking; alternate wakeful and drowsy states; itching; nausea; vomiting; slowed breathing and heart rate. | | | |
| Long-term | Collapsed veins; abscesses (swollen tissue with pus); infection of the lining and valves in the heart; constipation and stomach cramps; liver or kidney disease; pneumonia. | | | |
| Other Health-related Issues | Pregnancy: miscarriage, low birth weight, neonatal abstinence syndrome. Risk of HIV, hepatitis, and other infectious diseases from shared needles. | | | |
| In Combination with Alcohol | Dangerous slowdown of heart rate and breathing, coma, death. | | | |
| Withdrawal Symptoms | Restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps ("cold turkey"), leg movements. | | | |

Prescription Opioids - Pain relievers with an origin similar to that of heroin.

| Street Names | Commercial Names | Common Forms | Common Ways Taken | DEA Schedule |
|--|--|---|--|--------------|
| Captain Cody, Cody, Lean, Schoolboy, Sizzurp, Purple Drank <i>With glutethimide:</i> Doors & Fours, Loads, Pancakes and Syrup | Codeine (various brand names) | Tablet, capsule, liquid | Injected, swallowed (often mixed with soda and flavorings) | II, III, V |
| Apache, China Girl, China White, Dance Fever, Friend, Goodfella, Jackpot, Murder 8, Tango and Cash, TNT | Fentanyl (Actiq®, Duragesic®, Sublimaze®) | Lozenge, sublingual tablet, film, buccal tablet | Injected, smoked, snorted | II |
| Vike, Watson-387 | Hydrocodone or dihydrocodeinone (Vicodin®, Lortab®, Lorcet®, and others) | Capsule, liquid, tablet | Swallowed, snorted, injected | II |
| D, Dillies, Footballs, Juice, Smack | Hydromorphone (Dilaudid®) | Liquid, suppository | Injected, rectal | II |

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| Demmies, Pain Killer | Meperidine (Demerol®) | Tablet, liquid | Swallowed, snorted, injected | II |
| Amidone, Fizzies With MDMA: Chocolate Chip Cookies | Methadone (Dolophine®, Methadose®) | Tablet, dispersible tablet, liquid | Swallowed, injected | II |
| M, Miss Emma, Monkey, White Stuff | Morphine (Duramorph®, Roxanol®) | Tablet, liquid, capsule, suppository | Injected, swallowed, smoked | II, III |
| O.C., Oxycet, Oxycotton, Oxy, Hillbilly Heroin, Percs | Oxycodone (OxyContin®, Percodan®, Percocet®, and others) | Capsule, liquid, tablet | Swallowed, snorted, injected | II |
| Biscuits, Blue Heaven, Blues, Mrs. O, O Bomb, Octagons, Stop Signs | Oxymorphone (Opana®) | Tablet | Swallowed, snorted, injected | II |

Possible Health Effects

| | |
|-----------------------------|--|
| Short-term | Pain relief, drowsiness, nausea, constipation, euphoria, confusion, slowed breathing, death. |
| Long-term | Unknown. |
| Other Health-related Issues | <p>Pregnancy: Miscarriage, low birth weight, neonatal abstinence syndrome.</p> <p>Older adults: higher risk of accidental misuse or abuse because many older adults have multiple prescriptions, increasing the risk of drug-drug interactions, and breakdown of drugs slows with age; also, many older adults are treated with prescription medications for pain.</p> <p>Risk of HIV, hepatitis, and other infectious diseases from shared needles.</p> |
| In Combination with Alcohol | Dangerous slowing of heart rate and breathing leading to coma or death. |
| Withdrawal Symptoms | Restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps ("cold turkey"), leg movements. |

Stimulants

Prescription Stimulants - Medications that increase alertness, attention, energy, blood pressure, heart rate, and breathing rate.

| Street Names | Commercial Names | Common Forms | Common Ways Taken | DEA Schedule |
|---|---------------------------------------|--|--|--------------|
| Bennies, Black Beauties, Crosses, Hearts, LA Turnaround, Speed, Truck Drivers, Uppers | Amphetamine (Adderall®, Benzedrine®) | Tablet, capsule | Swallowed, snorted, smoked, injected | II |
| JIF, MPH, R-ball, Skippy, The Smart Drug, Vitamin R | Methylphenidate (Concerta®, Ritalin®) | Liquid, tablet, chewable tablet, capsule | Swallowed, snorted, smoked, injected, chewed | II |

| Possible Health Effects | |
|-----------------------------|--|
| Short-term | Increased alertness, attention, energy; increased blood pressure and heart rate; narrowed blood vessels; increased blood sugar; opened-up breathing passages. High doses: dangerously high body temperature and irregular heartbeat; heart failure; seizures. |
| Long-term | Heart problems, psychosis, anger, paranoia. |
| Other Health-related Issues | Risk of HIV, hepatitis, and other infectious diseases from shared needles. |
| In Combination with Alcohol | Masks the depressant action of alcohol, increasing risk of alcohol overdose; may increase blood pressure and jitters. |
| Withdrawal Symptoms | Depression, tiredness, sleep problems. |

Cocaine - A powerfully addictive stimulant drug made from the leaves of the coca plant native to South America.

| Street Names | Commercial Names | Common Forms | Common Ways Taken | DEA Schedule |
|---|---|------------------------------------|---------------------------|--------------|
| Blow, Bump, C, Candy, Charlie, Coke, Crack, Flake, Rock, Snow, Toot | Cocaine hydrochloride topical solution (anesthetic rarely used in medical procedures) | White powder, whitish rock crystal | Snorted, smoked, injected | II |

| Possible Health Effects | |
|-----------------------------|---|
| Short-term | Narrowed blood vessels; enlarged pupils; increased body temperature, heart rate, and blood pressure; headache; abdominal pain and nausea; euphoria; increased energy, alertness; insomnia, restlessness; anxiety; erratic and violent behavior, panic attacks, paranoia, psychosis; heart rhythm problems, heart attack; stroke, seizure, coma. |
| Long-term | Loss of sense of smell, nosebleeds, nasal damage and trouble swallowing from snorting; infection and death of bowel tissue from decreased blood flow; poor nutrition and weight loss from decreased appetite. |
| Other Health-related Issues | Pregnancy: premature delivery, low birth weight, neonatal abstinence syndrome. Risk of HIV, hepatitis, and other infectious diseases from shared needles. |
| In Combination with Alcohol | Greater risk of overdose and sudden death than from either drug alone. |
| Withdrawal Symptoms | Depression, tiredness, increased appetite, insomnia, vivid unpleasant dreams, slowed thinking and movement, restlessness. |

Khat - Pronounced "cot," a shrub (*Catha edulis*) found in East Africa and southern Arabia; contains the psychoactive chemicals cathinone and cathine.

| Street Names | Commercial Names | Common Forms | Common Ways Taken | DEA Schedule |
|--|--|-----------------------|-----------------------|---|
| Abyssinian Tea, African Salad, Catha, Chat, Kat, Oat | No commercial uses | Fresh or dried leaves | Chewed, brewed as tea | Cathinone is a Schedule I drug, making khat use illegal, but the khat plant is not controlled |
| Possible Health Effects | | | | |
| Short-term | Euphoria, increased alertness and arousal, increased blood pressure and heart rate, depression, inability to concentrate, irritability, loss of appetite, insomnia. | | | |
| Long-term | Tooth decay and gum disease; gastrointestinal disorders such as constipation, ulcers, stomach inflammation, and increased risk of upper gastrointestinal tumors; cardiovascular disorders such as irregular heartbeat, decreased blood flow, and heart attack. | | | |
| Other Health-related Issues | In rare cases associated with heavy use: psychotic reactions such as fear, anxiety, grandiose delusions (fantastical beliefs that one has superior qualities such as fame, power, and wealth), hallucinations, and paranoia. | | | |
| In Combination with Alcohol | Unknown. | | | |
| Withdrawal Symptoms | Depression, nightmares, trembling, and lack of energy. | | | |

Methamphetamine - An extremely addictive stimulant amphetamine drug.

| Street Names | Commercial Names | Common Forms | Common Ways Taken | DEA Schedule |
|---|--|--|--------------------------------------|--------------|
| Crank, Chalk, Crystal, Fire, Glass, Go Fast, Ice, Meth, Speed | Desoxyn® | White powder or pill; crystal meth looks like pieces of glass or shiny blue-white "rocks" of different sizes | Swallowed, snorted, smoked, injected | II |
| Possible Health Effects | | | | |
| Short-term | Increased wakefulness and physical activity; decreased appetite; increased breathing, heart rate, blood pressure, temperature; irregular heartbeat. | | | |
| Long-term | Anxiety, confusion, insomnia, mood problems, violent behavior, paranoia, hallucinations, delusions, weight loss, severe dental problems ("meth mouth"), intense itching leading to skin sores from scratching. | | | |
| Other Health-related Issues | Pregnancy: premature delivery; separation of the placenta from the uterus; low birth weight; lethargy; heart and brain problems. Risk of HIV, hepatitis, and other infectious diseases from shared needles. | | | |
| In Combination with Alcohol | Masks the depressant effect of alcohol, increasing risk of alcohol overdose; may increase blood pressure and jitters. | | | |
| Withdrawal Symptoms | Depression, anxiety, tiredness. | | | |

Depressants

Prescription Sedatives (Tranquilizers) - Medications that slow brain activity

| Street Names | Commercial Names | Common Forms | Common Ways Taken | DEA Schedule |
|---|---|-----------------------|---------------------|--------------|
| Barbs, Phennies, Red Birds, Reds, Tooies, Yellow Jackets, Yellows | Barbiturates: pentobarbital (Nembutal®), phenobarbital (Luminal®) | Pill, capsule, liquid | Swallowed, injected | II, III, IV |
| Candy, Downers, Sleeping Pills, Tranks | Benzodiazepines: alprazolam (Xanax®), chlorodiazepoxide (Limbitrol®), diazepam (Valium®), lorazepam (Ativan®), triazolam (Halcion®) | Pill, capsule, liquid | Swallowed, injected | IV |
| Forget-me Pill, Mexican Valium, R2, Roche, Roofies, Roofinol, Rope, Rophies | Sleep Medications: eszopiclone (Lunesta®), zaleplon (Sonata®), zolpidem (Ambien®) | Pill, capsule, liquid | Swallowed, injected | IV |

Possible Health Effects

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| Short-term | Drowsiness, slurred speech, poor concentration, confusion, dizziness, problems with movement and memory, lowered blood pressure, slowed breathing. |
| Long-term | Unknown. |
| Other Health-related Issues | Sleep medications are sometimes used as date rape drugs. Risk of HIV, hepatitis, and other infectious diseases from shared needles. |
| In Combination with Alcohol | Further slows heart rate and breathing, which can lead to death. |
| Withdrawal Symptoms | Must be discussed with a health care provider; barbiturate withdrawal can cause a serious abstinence syndrome that may even include seizures. |

GHB- A depressant approved for use in the treatment of narcolepsy, a disorder that causes daytime "sleep attacks."

| Street Names | Commercial Names | Common Forms | Common Ways Taken | DEA Schedule |
|--|--|--------------------------------|--|--------------|
| G, Georgia Home Boy, Goop, Grievous Bodily Harm, Liquid Ecstasy, Liquid X, Soap, Scoop | Gamma-hydroxybutyrate or sodium oxybate (Xyrem®) | Colorless liquid, white powder | Swallowed (often combined with alcohol or other beverages) | I |

Possible Health Effects

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|------------|--|
| Short-term | Euphoria, drowsiness, decreased anxiety, confusion, memory loss, hallucinations, excited and aggressive behavior, nausea, vomiting, unconsciousness, seizures, slowed heart rate and breathing, lower body temperature, coma, death. |
| Long-term | Unknown. |

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| Other Health-related Issues | Sometimes used as a date rape drug. |
| In Combination with Alcohol | Nausea, problems with breathing, greatly increased depressant effects. |
| Withdrawal Symptoms | Insomnia, anxiety, tremors, sweating, increased heart rate and blood pressure, psychotic thoughts. |

Rohypnol® (Flunitrazepam) - A benzodiazepine. A “club drug” associated with being used to commit sexual assaults due to its ability to sedate and incapacitate.

| Street Names | Commercial Names | Common Forms | Common Ways Taken | DEA Schedule |
|--|--------------------------|--------------|---|---|
| Circles, Date Rape Drug, Forget Pill, Forget-Me Pill, La Rocha, Lunch Money, Mexican Valium, Mind Eraser, Pingus, R2, Reynolds, Rib, Roach, Roach 2, Roaches, Roachies, Roopies, Rochas Dos, Roofies, Rope, Rophies, Row-Shay, Ruffies, Trip-and-Fall, Wolfies | Flunitrazepam, Rohypnol® | Tablet | Swallowed (as a pill or as dissolved in a drink), snorted | IV - Rohypnol® is not approved for medical use in the United States; it is available as a prescription sleep aid in other countries |

Possible Health Effects

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| Short-term | Drowsiness, sedation, sleep; amnesia, blackout; decreased anxiety; muscle relaxation, impaired reaction time and motor coordination; impaired mental functioning and judgment; confusion; aggression; excitability; slurred speech; headache; slowed breathing and heart rate. |
| Long-term | Unknown. |
| Other Health-related Issues | Unknown. |
| In Combination with Alcohol | Severe sedation, unconsciousness, and slowed heart rate and breathing, which can lead to death. |
| Withdrawal Symptoms | Headache; muscle pain; extreme anxiety, tension, restlessness, confusion, irritability; numbness and tingling of hands or feet; hallucinations, delirium, convulsions, seizures, or shock. |

Hallucinogens

MDMA (Ecstasy/Molly) - MDMA is an abbreviation of the scientific name *3,4-methylenedioxy-methamphetamine*.

| Street Names | Commercial Names | Common Forms | Common Ways Taken | DEA Schedule |
|--|--------------------|---|--------------------|--------------|
| Adam, Clarity, Eve, Lover's Speed, Peace, Uppers | No commercial uses | Colorful tablets with imprinted logos, capsules, powder, liquid | Swallowed, snorted | I |

Possible Health Effects

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| Short-term | Lowered inhibition; enhanced sensory perception; confusion; depression; sleep problems; anxiety; increased heart rate and blood pressure; muscle tension; teeth |
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| Long-term | clenching; nausea; blurred vision; faintness; chills or sweating; sharp rise in body temperature leading to liver, kidney, or heart failure and death. |
| Other Health-related Issues | Unknown. |
| In Combination with Alcohol | May increase the risk of cell and organ damage. |
| Withdrawal Symptoms | Fatigue, loss of appetite, depression, trouble concentrating. |

K2/Spice - A wide variety of herbal mixtures containing man-made cannabinoid chemicals related to THC in marijuana but often much stronger and more dangerous. Synthetic Cannabinoids, sometimes misleadingly called “synthetic marijuana” is marketed as a “natural,” “safe,” legal alternative to marijuana.

| Street Names | Commercial Names | Common Forms | Common Ways Taken | DEA Schedule |
|--|--------------------|---|-----------------------------------|--------------|
| K2, Spice, Black Mamba, Bliss, Bombay Blue, Fake Weed, Fire, Genie, Moon Rocks, Skunk, Smacked, Yucatan, Zohai | No commercial uses | Dried, shredded plant material that looks like potpourri and is sometimes sold as “incense” | Smoked, swallowed (brewed as tea) | I |

Possible Health Effects

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|-----------------------------|--|
| Short-term | Increased heart rate; vomiting; agitation; confusion; hallucinations, anxiety, paranoia; increased blood pressure and reduced blood supply to the heart; heart attack. |
| Long-term | Unknown. |
| Other Health-related Issues | Use of synthetic cannabinoids has led to an increase in emergency room visits in certain areas. |
| In Combination with Alcohol | Unknown. |
| Withdrawal Symptoms | Headaches, anxiety, depression, irritability. |

Ketamine - A dissociative drug used as an anesthetic in veterinary practice. Dissociative drugs are hallucinogens that cause the user to feel detached from reality.

| Street Names | Commercial Names | Common Forms | Common Ways Taken | DEA Schedule |
|-------------------------------------|------------------|----------------------|--|--------------|
| Cat Valium, K, Special K, Vitamin K | Ketalar® | Liquid, white powder | Injected, snorted, smoked (powder added to tobacco or marijuana cigarettes), swallowed | III |

Possible Health Effects

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|------------|---|
| Short-term | Problems with attention, learning, and memory; dreamlike states, hallucinations; sedation; confusion and problems speaking; loss of memory; problems moving, to the point of being immobile; raised blood pressure; unconsciousness; slowed breathing that can lead to death. |
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| Long-term | Ulcers and pain in the bladder; kidney problems; stomach pain; depression; poor memory. |
| Other Health-related Issues | Sometimes used as a date rape drug. Risk of HIV, hepatitis, and other infectious diseases from shared needles. |
| In Combination with Alcohol | Increased risk of adverse effects. |
| Withdrawal Symptoms | Unknown. |

LSD – LSD is manufactured from lysergic acid and is an abbreviation of the scientific name *lysergic acid diethylamide*.

| Street Names | Commercial Names | Common Forms | Common Ways Taken | DEA Schedule |
|--|--------------------|--|---|--------------|
| Acid, Blotter, Blue Heaven, Cubes, Microdot, Yellow Sunshine | No commercial uses | Tablet; capsule; clear liquid; small, decorated squares of absorbent paper that liquid has been added to | Swallowed, absorbed through mouth tissues (paper squares) | I |

Possible Health Effects

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|-----------------------------|--|
| Short-term | Rapid emotional swings; distortion of a person's ability to recognize reality, think rationally, or communicate with others; raised blood pressure, heart rate, body temperature; dizziness and insomnia; loss of appetite; dry mouth; sweating; numbness; weakness; tremors; enlarged pupils. |
| Long-term | Frightening flashbacks (called Hallucinogen Persisting Perception Disorder [HPPD]); ongoing visual disturbances, disorganized thinking, paranoia, and mood swings. |
| Other Health-related Issues | Unknown. |
| In Combination with Alcohol | May decrease the perceived effects of alcohol. |
| Withdrawal Symptoms | Unknown. |

Mescaline (Peyote) - A hallucinogen found in disk-shaped "buttons" in the crown of several cacti, including peyote.

| Street Names | Commercial Names | Common Forms | Common Ways Taken | DEA Schedule |
|-----------------------|--------------------|---------------------------------|---|--------------|
| Buttons, Cactus, Mesc | No commercial uses | Fresh or dried buttons, capsule | Swallowed (chewed or soaked in water and drunk) | I |

Possible Health Effects

GNOMON

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|-----------------------------|---|
| Short-term | Enhanced perception and feeling; hallucinations; euphoria; anxiety; increased body temperature, heart rate, blood pressure; sweating; problems with movement. |
| Long-term | Unknown. |
| Other Health-related Issues | Unknown. |
| In Combination with Alcohol | Unknown. |
| Withdrawal Symptoms | Unknown. |

Psilocybin - A hallucinogen in certain types of mushrooms.

| Street Names | Commercial Names | Common Forms | Common Ways Taken | DEA Schedule |
|--|--------------------|--|---|--------------|
| Little Smoke, Magic Mushrooms, Purple Passion, Shrooms | No commercial uses | Fresh or dried mushrooms with long, slender stems topped by caps with dark gills | Swallowed (eaten, brewed as tea, or added to other foods) | I |

Possible Health Effects

| | |
|-----------------------------|--|
| Short-term | Hallucinations, altered perception of time, inability to tell fantasy from reality, panic, muscle relaxation or weakness, problems with movement, enlarged pupils, nausea, vomiting, drowsiness. |
| Long-term | Risk of flashbacks and memory problems. |
| Other Health-related Issues | Risk of poisoning if a poisonous mushroom is accidentally used. |
| In Combination with Alcohol | May decrease the perceived effects of alcohol. |
| Withdrawal Symptoms | Unknown. |

Marijuana/Cannabis

Marijuana is a mind-altering (psychoactive) drug, produced by the Cannabis sativa plant. Marijuana contains over 480 constituents. THC (delta-9-tetrahydrocannabinol) is believed to be the main ingredient that produces the psychoactive effect. Marijuana concentrate is a highly potent THC concentrated mass with THC levels that could range from 40 – 80%.

| Street Names | Commercial Names | Common Forms | Common Ways Taken | DEA Schedule |
|--|--|--|---|--------------|
| Blunt, Bud, Dope, Ganja, Grass, Green, Herb, Joint, Mary Jane, Pot, Reefer, Sinsemilla, Skunk, Smoke, Trees, Weed; Hashish: Boom, Gangster, Hash, Hemp, Honey oil, Budder, | Various brand names in states where the sale of marijuana is legal | Greenish-gray mixture of dried, shredded leaves, stems, seeds, and/or flowers; resin (hashish) or sticky, black liquid (hash oil); appearance similar to honey or butter and either brown or gold in color; liquid concentrate | Smoked, eaten (mixed in food or brewed as tea), vaporized | I |

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|-----------------------------------|--|--|--|--|
| 710, BHO, Dabs, Black glass, Errl | | | | |
| Possible Health Effects | | | | |
| Short-term | Enhanced sensory perception and euphoria followed by drowsiness/relaxation; slowed reaction time; problems with balance and coordination; increased heart rate and appetite; problems with learning and memory; hallucinations; anxiety; panic attacks; psychosis. | | | |
| Long-term | Mental health problems, chronic cough, frequent respiratory infections. | | | |
| Other Health-related Issues | Youth: possible loss of IQ points when repeated use begins in adolescence. Pregnancy: babies born with problems with attention, memory, and problem solving. | | | |
| In Combination with Alcohol | Increased heart rate, blood pressure; further slowing of mental processing and reaction time. | | | |
| Withdrawal Symptoms | Irritability, trouble sleeping, decreased appetite, anxiety. | | | |

Steroids (Anabolic)

Anabolic steroids are synthetically produced variants of the naturally occurring male hormone testosterone that are abused in an attempt to promote muscle growth, enhance athletic or other physical performance, and improve physical appearance.

| Street Names | Commercial Names | Common Forms | Common Ways Taken | DEA Schedule |
|----------------------------------|--|---|--------------------------------------|--------------|
| Juice, Gym Candy, Pumpers, Roids | Nandrolone (Oxandrin®), oxandrolone (Anadrol®), oxymetholone (Winstrol®), stanozolol (Durabolin®), testosterone cypionate (Depo-testosterone®) | Tablet, capsule, liquid drops, gel, cream, patch, injectable solution | Injected, swallowed, applied to skin | III |

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|--------------------------------|--|
| Possible Health Effects | |
| Short-term | Headache, acne, fluid retention (especially in the hands and feet), oily skin, yellowing of the skin and whites of the eyes, infection at the injection site. |
| Long-term | Kidney damage or failure; liver damage; high blood pressure, enlarged heart, or changes in cholesterol leading to increased risk of stroke or heart attack, even in young people; aggression; extreme mood swings; anger ("roid rage"); paranoid jealousy; extreme irritability; delusions; impaired judgment. |
| Other Health-related Issues | Males: shrunken testicles, lowered sperm count, infertility, baldness, development of breasts, increased risk for prostate cancer. Females: facial hair, male-pattern baldness, menstrual cycle changes, enlargement of the clitoris, deepened voice. Adolescents: stunted growth. Risk of HIV, hepatitis, and other infectious diseases from shared needles. |
| In Combination with Alcohol | Increased risk of violent behavior. |

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|---------------------|---|
| Withdrawal Symptoms | Mood swings; tiredness; restlessness; loss of appetite; insomnia; lowered sex drive; depression, sometimes leading to suicide attempts. |
|---------------------|---|

Inhalants

Inhalants are invisible, volatile substances found in common household products that produce chemical vapors that are inhaled to induce psychoactive or mind altering effects.

| Street Names | Commercial Names | Common Forms | Common Ways Taken | DEA Schedule |
|---|------------------|---|-----------------------------------|---------------|
| Poppers, snappers, whippets, laughing gas | Various | Paint thinners or removers, degreasers, dry-cleaning fluids, gasoline, lighter fluids, correction fluids, permanent markers, electronics cleaners and freeze sprays, glue, spray paint, hair or deodorant sprays, fabric protector sprays, aerosol computer cleaning products, vegetable oil sprays, butane lighters, propane tanks, whipped cream aerosol containers, refrigerant gases, ether, chloroform, halothane, nitrous oxide | Inhaled through the nose or mouth | Not scheduled |

Possible Health Effects

| | |
|-----------------------------|---|
| Short-term | Confusion; nausea; slurred speech; lack of coordination; euphoria; dizziness; drowsiness; disinhibition, lightheadedness, hallucinations/delusions; headaches; sudden sniffing death due to heart failure (from butane, propane, and other chemicals in aerosols); death from asphyxiation, suffocation, convulsions or seizures, coma, or choking. Nitrites: enlarged blood vessels, enhanced sexual pleasure, increased heart rate, brief sensation of heat and excitement, dizziness, headache. |
| Long-term | Liver and kidney damage; bone marrow damage; limb spasms due to nerve damage; brain damage from lack of oxygen that can cause problems with thinking, movement, vision, and hearing. Nitrites: increased risk of pneumonia. |
| Other Health-related Issues | Pregnancy: low birth weight, bone problems, delayed behavioral development due to brain problems, altered metabolism and body composition. |
| In Combination with Alcohol | Nitrites: dangerously low blood pressure. |
| Withdrawal Symptoms | Nausea, loss of appetite, sweating, tics, problems sleeping, and mood changes. |

Bath Salts (Synthetic Cathinones)

The term “bath salts”, often found in a number of retail products, refers to an emerging family of drugs containing one or more synthetic chemicals related to cathinone, an amphetamine-like stimulant found naturally in the khat plant. The chemicals are synthetic derivatives of cathinone, a central nervous system stimulant, which is an active chemical found naturally in the khat plant. Mephedrone and MDPV (3-4 methylenedioxypyrovalerone) are two of the designer cathinones most commonly found in these “bath salt” products.

| Names | Commercial Names | Common Forms | Common Ways Taken | DEA Schedule |
|---|--|---|------------------------------|--|
| Bloom, Cloud Nine, Cosmic Blast, Ivory Wave, Lunar Wave, Scarface, Vanilla Sky, White Lightning | No commercial uses for ingested “bath salts” | White or brown crystalline powder sold in small plastic or foil packages labeled “not for human consumption” and sometimes sold as jewelry cleaner; tablet, capsule, liquid | Swallowed, snorted, injected | I Some formulations have been banned by the DEA |

Possible Health Effects

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|-----------------------------|---|
| Short-term | Increased heart rate and blood pressure; euphoria; increased sociability and sex drive; paranoia, agitation, and hallucinations; psychotic and violent behavior; nosebleeds; sweating; nausea, vomiting; insomnia; irritability; dizziness; depression; suicidal thoughts; panic attacks; reduced motor control; cloudy thinking. |
| Long-term | Breakdown of skeletal muscle tissue; kidney failure; death. |
| Other Health-related Issues | Risk of HIV, hepatitis, and other infectious diseases from shared needles. |
| In Combination with Alcohol | Unknown. |
| Withdrawal Symptoms | Depression, anxiety, problems sleeping, tremors, paranoia. |

DXM (Dextromethorphan)

DXM is a cough suppressor found in more than 120 over-the-counter (OTC) cold medications, either alone or in combination with other drugs such as acetaminophen, antihistamines, decongestants, and/or expectorants. Psychoactive when taken in higher-than-recommended amounts.

| Street Names | Commercial Names | Common Forms | Common Ways Taken | DEA Schedule |
|------------------------------|---|----------------|-------------------|---------------|
| Robotripping, Robo, Triple C | Various (many brand names include “DM”) | Syrup, capsule | Swallowed | Not scheduled |

Possible Health Effects

| | |
|-----------------------------|---|
| Short-term | Euphoria; slurred speech; increased heart rate, blood pressure, temperature; numbness; dizziness; nausea; vomiting; confusion; paranoia; altered visual perceptions; problems with movement; buildup of excess acid in body fluids. |
| Long-term | Unknown. |
| Other Health-related Issues | Breathing problems, seizures, and increased heart rate may occur from other ingredients in cough/cold medicines. |

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|-----------------------------|------------------------------------|
| In Combination with Alcohol | Increased risk of adverse effects. |
| Withdrawal Symptoms | Unknown. |

Salvia

A dissociative drug, *Salvia divinorum* is a perennial herb in the mint family that is abused for its hallucinogenic effects that cause the user to feel detached from reality.

| Street Names | Commercial Names | Common Forms | Common Ways Taken | DEA Schedule |
|--|--|-----------------------|----------------------------------|---|
| Magic mint, Maria Pastora, Sally-D, Shepherdess's Herb, Diviner's Sage | Sold legally in most states as <i>Salvia divinorum</i> | Fresh or dried leaves | Smoked, chewed, or brewed as tea | Not Scheduled (but labeled drug of concern by DEA and illegal in some states) |

Possible Health Effects

| | |
|-----------------------------|--|
| Short-term | Short-lived but intense hallucinations; altered visual perception, mood, body sensations; mood swings, feelings of detachment from one's body; sweating. |
| Long-term | Unknown. |
| Other Health-related Issues | Unknown. |
| In Combination with Alcohol | Unknown. |
| Withdrawal Symptoms | Unknown. |

Tobacco

Possible Health Effects

| | |
|-----------------------------|--|
| Short-term | Increased blood pressure, breathing, and heart rate. |
| Long-term | Greatly increased risk of cancer, especially lung cancer when smoked and oral cancers when chewed; chronic bronchitis; emphysema; heart disease; leukemia; cataracts; pneumonia. |
| Other Health-related Issues | Pregnancy: miscarriage, low birth weight, premature delivery, stillbirth, learning and behavior problems. |
| In Combination with Alcohol | Unknown. |
| Withdrawal Symptoms | Irritability, attention and sleep problems, increased appetite. |

FOR MORE INFORMATION PLEASE GO TO:

[United States Drug Enforcement Administration](#)

DEA Drug Fact Sheets <https://www.dea.gov/druginfo/factsheets.shtml>

Drugs of Abuse: A DEA resource Guide available at:
https://www.dea.gov/pr/multimedia-library/publications/drug_of_abuse.pdf

National Institute on Drug Abuse (NIDA)
<https://www.nih.gov/about-nih/what-we-do/nih-almanac/national-institute-drug-abuse-nida>

[California Uniform Controlled Substance Act](#)